



MAIN POINT

The risen Lord Jesus calls us to believe

SCRIPTURE FOCUS

Then Jesus told Thomas, "You believe because you have seen me. Blessed are those who believe without seeing me." (John 20:29)

AIDS

A blindfold

CHAT

Thomas was a disciple of Jesus who had trouble believing the other disciples that they had seen Jesus. Thomas found it difficult to believe that Jesus had risen from the dead until he saw him with his own eyes.

If I put this blindfold on what will I be able to see?

e.g. nothing

If we couldn't see, we would have to trust other people to help us do everything. We would have to trust that they would look after us and keep us safe. Even though Thomas trusted his friends, he still found it really hard to believe they had seen Jesus because it was something he didn't think was possible.

Jesus said: "*Blessed are those who believe without seeing me*". What helps us to believe in Jesus without seeing him?

e.g. having people who love us and help us just like Jesus, reading stories in the Bible, talking to other people about our faith

We can pray for people who are struggling to believe in Jesus. We can ask for God's help to share Jesus' love with them.

PRAYER

Lord Jesus, bless us with faith in you. Send us your Holy Spirit to help us to believe in you. Amen.